

The pirate, Captain Kidd, is reputed to have buried his treasure on Charles Island in 1699 although no treasure has since been found. The 14-acre island has never successfully been settled by humans and is now an important migratory bird sanctuary. The island's interior is closed May 1 through September 9 to protect heron and egret rookeries. Look for deer around the edges of the island.

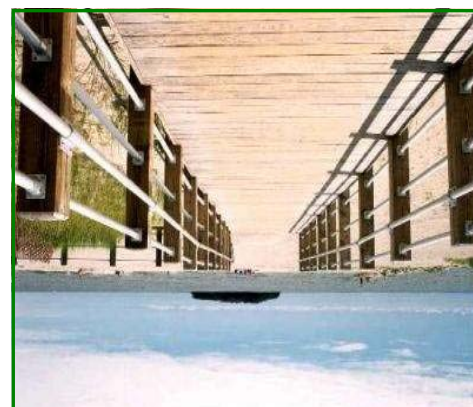
Photo by Department of Environmental Protection



The Silver Sands, Walnut Beach, and Charles Island Favorite Walk is approximately 2 miles long. The surface is mostly level consisting of gravel, asphalt pavements, wooden walkways and beach sand. The walk includes a 1,000-foot long pedestrian bridge crossing the Great Creek Wetland. The bridge is frequently used for bird watches and sometimes fiddler crabs can be seen. You may see Great Egret, Snowy Egret, Great Blue Heron, or Osprey. Various shorebirds can be seen during migration including Rudy Turnstones, spotted sandpipers, and semi-palmated sandpipers. The boardwalk on the beach is short, and the rest of the walk to Walnut Beach is about 1/2 mile long. The segment on Monroe Street, south on Nettleton Avenue to Walnut Beach leads right into Silver Sands State Park. This end is sandy, but eventually leads to the Albert Monroe Walking Pier in Walnut Beach.

The walk includes a view of Long Island Sound and Charles Island. **Caution is essential** if you choose to walk on the tombolo leading to Charles Island. Sturdy shoes and a knowledge of local low tide time is required. The tombolo is a natural surface that is rocky and uneven and may be slippery. It is only briefly exposed during low tide and return to shore around peak low tide is required to avoid being stranded in the fast tidal inflow.

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Directions and Parking:

From the East: Take I-95 South to exit 35. Follow Schoolhouse Road south to Route 1 (Bridgeport Avenue). Turn left onto Route 1 then right at first light (Silver Sands Park Way). Follow Park Way across Meadows Road and continue down hill to main parking lot.

From the West: Take I-95 North to exit 35. Follow Schoolhouse Road south to Route 1 (Bridgeport Avenue). Turn left onto Route 1 then right at first light (Silver Sands Park Way). Follow Park Way across Meadows Road and continue down hill to main parking lot.

Permitted Activities:

Swimming and other water sports are permitted. A lifeguard is seasonally on duty. There are seasonal restrooms and drinking fountains. Dogs are prohibited.

This project made possible through a grant from the National Recreational Trails Program, the Federal Highway Administration, and the Connecticut Department of Environmental Protection.



Information for this brochure is excerpted from the Milford Favorite Walks Book.

South Central Regional Council of Governments

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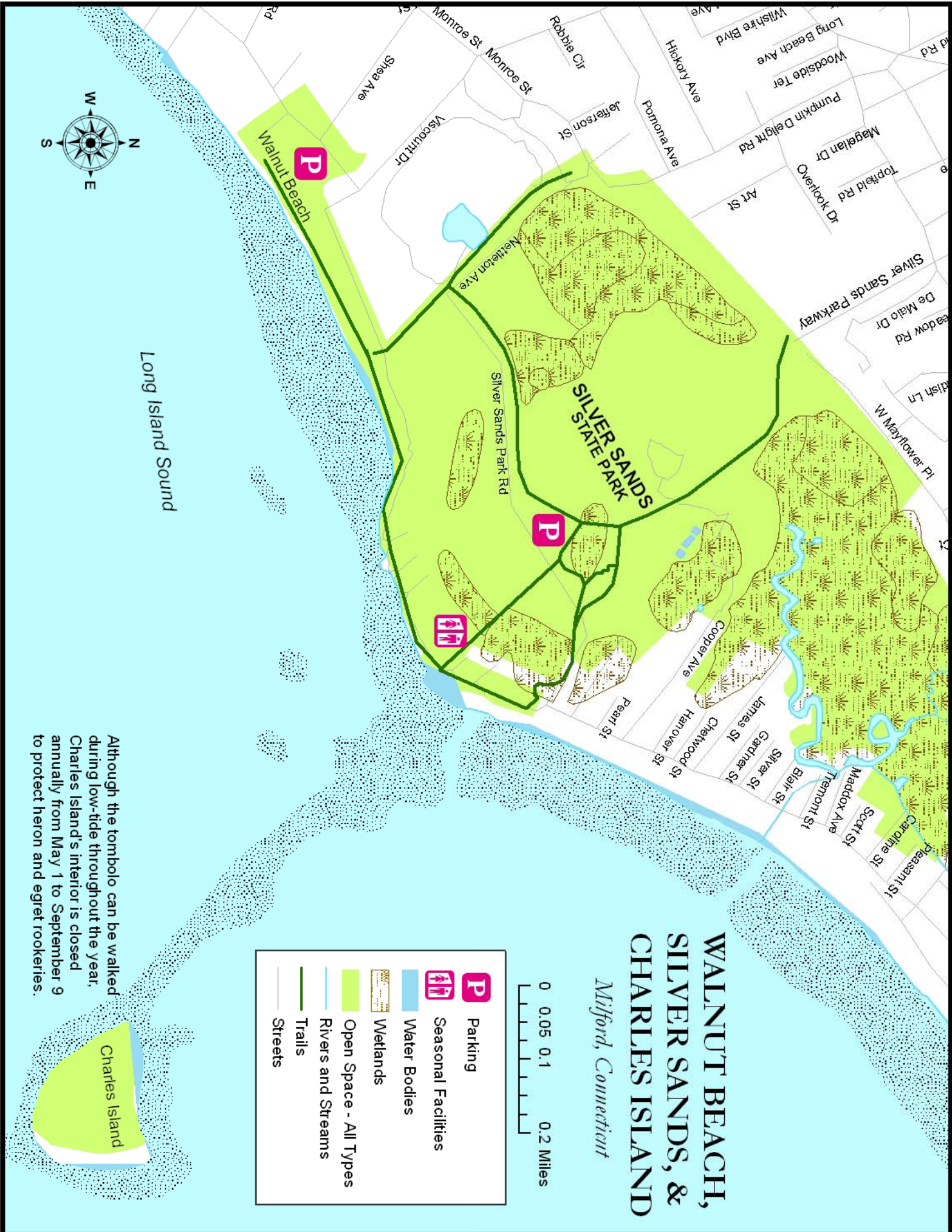
For more information about this location, contact:

CT Parks and Recreation
(866) 287-2757
Dep.stateparks@po.state.us.gov

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SILVER SANDS, WALNUT BEACH, & CHARLES ISLAND

Milford, CT



WALNUT BEACH, SILVER SANDS, & CHARLES ISLAND

Milford, Connecticut

0 0.05 0.1 0.2 Miles

Parking

Seasonal Facilities

Water Bodies

Wetlands

Open Space - All Types

Rivers and Streams

Trails

Streets

Although the tombolo can be walked during low-tide throughout the year, Charles Island's interior is closed annually from May 1 to September 9 to protect heron and egret rookeries.

Charles Island